

IMPORTANT!!!

FMNP recipients are limited to a first come first served basis.

The WIC FMNP coupons are issued one time only. If they are lost, stolen or misplaced, they can not be replaced.

The WIC FMNP coupons may only be accepted and redeemed by a FMNP authorized farmer.

WIC recipients must use the coupons within the period of the WIC FMNP operations.

WIC FMNP Benefits

Benefits WIC Recipients

WIC Recipients with an opportunity to improve their health by eating more nutritious fresh fruits and vegetables.

Introduces WIC FMNP families to farmers' markets and teaches them to select and prepare a wide variety of locally grown produce.

Benefits Family Farms

Supports local agriculture by increasing sales at farmers' markets, where groups of farmers sell directly to consumers.

Promotes expansions and diversification of family farms by stimulating the production of fresh fruits and vegetables.

Benefits Communities

Helps revitalize downtown areas by supporting the farmers' market as an activity that benefits the entire community.

Promotes the development of farmers markets to communities lacking access to fresh produce.

Fruits & Vegetables Can...

- Give you energy,
- Give you vitamins, minerals and dietary fiber,
- Lower your chances of getting cancer or heart disease,
- Add color, flavor and variety to meals and snacks,
- Be low in calories and naturally fat free

2015 Participating Authorized Farmers

No.	Name of Farmer
1	William C. McDonald
2	Joseph N. Salas
3	Edward B. San Nicolas
4	Arlene G. Tamashiro
5	Marilyn Salas
6	Estrellita B. Munoz
7	Elpidio D. Granil
8	Lida G. Lumampao
9	Consolacion U. Pere
10	Annie C. Garrido
11	Wai-Chi Lau
12	Gerry Ugalino
13	Grow Guam, LLC
14	Thomas Torres
15	Ben C. Rosalin
16	Ernest S. Wusstig
17	Francisco Q. Leon Guerrero (INACTIVE)
18	Vicente C. Meno (INACTIVE)

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USDA is an equal opportunity provider and employer.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Services at (800) 877-8339 or (800)845-6163 (Spanish). In accordance with Federal Relay law, age or disability. Report any other type of complaint about the program to the clinic where you received coupons, or contact the WIC FMNP office at (671) 475-0292 or 475-0300.

Department of Public Health and Social Services The Special Supplemental Nutrition Program for Women, Infants and Children Guam WIC Program

Farmers' Market Nutrition Program (FMNP) Information Pamphlet and Schedule

Department of Public Health and Social Services
The Special Supplemental Nutrition Program
for Women, Infants and Children
(Guam WIC Program)



**FARMERS' MARKET
NUTRITION PROGRAM
(FMNP)**

Authorized Farmers

**We Gladly Accept
FMNP Coupons
& CVVs Here**

The WIC FMNP is 100% federally funded program under the United States Department of Agriculture (USDA) and administered by the Government of Guam, Department of Public Health and Social Services in conjunction with The Department of Agriculture and The University of Guam, College of Agriculture and Life Sciences. For more information, please call the Guam WIC Program at 475-0292/300. The USDA is an Equal Opportunity Provider and Employer.

FMNP

**“EATING FRESH FRUITS AND VEGETABLES
EVERYDAY MEANS HEALTHY”**

What is the Guam WIC Farmers' Market Nutrition Program (FMNP)?

It's 100% federally funded program with two objectives:

- To provide resources to women and children who are nutritionally at risk in the form of fresh, nutritious, unprepared foods (such as fruits and vegetables) from farmers' markets; and
- To expand the awareness and use of farmers' markets and increase sales at such markets.

How does the program work?

When a recipient of the WIC program (women and children) come in to a WIC clinic for a scheduled appointment during the FMNP period of operations, they will be provided with:

- Information about the WIC FMNP.
- List of authorized WIC FMNP farmers.
- Market schedule and location.
- Educational materials on the benefits of WIC FMNP coupons.

The WIC FMNP recipient may then go to a WIC FMNP Farmers' Market and use the coupons to purchase fresh, nutritious locally grown fruits and vegetables from authorized farmers at the market.

Things to Remember:

- Your FMNP Coupons may be used only at Approved Farmers' Market sites and/or Roadside stands
- Look for farmers at the farmers' market site or roadside stand who display the poster that reads **"WE ACCEPT FMNP COUPONS AND CVVS HERE"** (as shown in front of the pamphlet)
- Bring your WIC ID and coupons
- Use your Farmers' Market coupons as soon as possible.
- Remember if you purchase items with your Farmers' Market coupons, change will not be given. Take some cash with you to the market. Each coupon is worth \$2.00 and farmers are NOT allowed to give change for a coupon. They will give you a coupon worth of produce, but if the food you want costs a little over \$2.00, it is better to pay the extra cash than waste part of a coupon.
- Choose well-colored fruits and vegetables that are firm, but not hard. Ask the farmer if you have any questions.
- Your FMNP coupons must be used by **September 15, 2015**
- ✓ **Be adventurous - try something new!**
- **HINT: Some of the best tasting fruits and vegetables are the least appealing to the eye**

FARMERS' MARKET SITES SCHEDULE

MON-WED-FRIDAY
8 am - 5 pm

DPHSS sites are closed
on GOVGUAM Holidays

NORTHERN

1) DPHSS Northern
Dededo Public Health
Center Parking lot
(Call 635-7471/72)

CENTRAL

2) DPHSS Mangilao
Public Health Center
Parking lot (Call 735-7180)

3) DPHSS Tiyan WIC
Office front lawn
(Call 475-0292)

4) Mangilao Flea Market
Across Mayor's Office,
Route 10. (Call 475-0292)

TUESDAY NIGHT
6 pm — 8 pm

SOUTHERN

5) Sagan Bisita, Route 2
Next to Agat Mayor's
Mayor's Office

MONDAY, FRIDAY
10 am — 2 pm

AND

WEDNESDAY Night
10 am — 9 pm

CENTRAL

6) Hagatna, Route 1
Marine Corps. Drive
Chamorro Village
(Tents in front of the main
entrance)

SATURDAY & SUNDAY
6 am — 12 pm

NORTHERN

7) Dededo Flea Market
Route 1, Marine Corps Dr.
Next to Dededo Payless

ROADSIDE STANDS SCHEDULE

AGANA HEIGHTS

Agana Heights
Mayor's Office
Monday - Saturday
Open 9 am - 6 pm

AGAT

Agat Mayor's Office
Monday - Friday/Sunday
Open 9 am - 6 pm

Barrigada

Route 16, In front of Na-
tional Guard or across
Barrigada Post Office
Monday - Sunday
Open 10 am - 6 pm

INARAJAN

Route 4 Inalahan Way
Next to Gef Pago
Monday-Wed-Friday
Open 8 am - 4 pm

MERIZO

Route 4 Leon Guerrero
Stand, Next to the Marina
Monday - Saturday
Open 9 am - 6 pm